

Fit for Glory



1. How does physical fitness relate to our holiness and joy?

2. How does the Bible elevate the body as a critical component in eternal joy?
 1. God Created the Body

 2. We Are Embodied Souls

 3. Sin Corrupts the Body

 4. Christ Redeems the Body

3. How does we pursue joy *in God* through exercise?
 1. For my God

 2. For my Joy

 3. For my Mind

 4. For my Will

 5. For your Joy

Fit for Glory

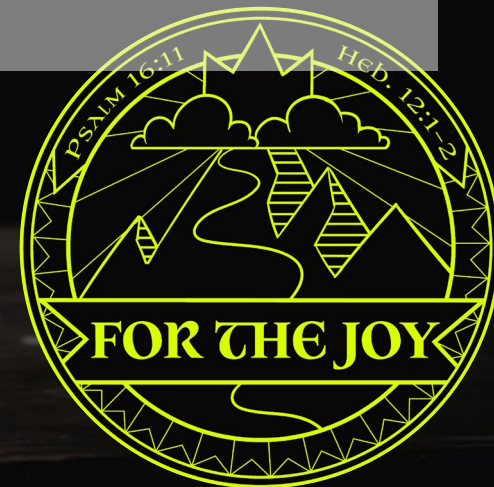
Enjoying God through Fitness and Exercise



Fit for Glory

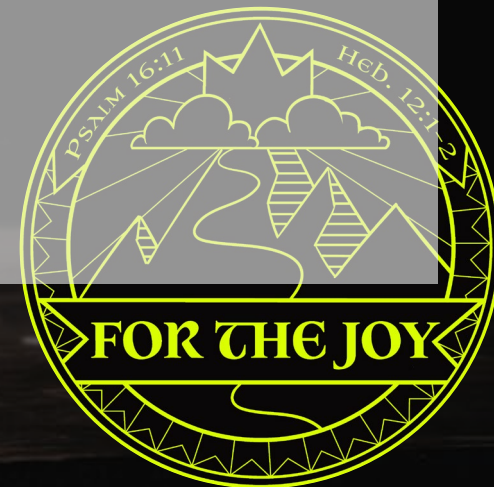
I believe God made me for a purpose, but he also made me fast. *And when I run I feel His pleasure.* To give that up would be to hold Him in contempt. Eric Liddell, Olympic Gold Medalist

[I exercise] unapologetically as a Christian Hedonist...I believe that God is most glorified in us when we are most satisfied in him. So I want my life to be *all about glory and joy.* God's glory in and through me. And my joy in and through him. I come to exercise unashamedly in pursuit of my joy in God. I exercise my body for the sake of my soul. I am seeking to make physical exercise serve my spiritual joy, in God. *I want to leverage the body God gave me for my joy in God, to his glory, and the good of others.* Dave Mathis, DesiringGod.org



Fit for Glory

1. How does physical fitness relate to our holiness and joy?
 2. How does the Bible elevate the body as a critical component in eternal joy?
 3. How does we pursue joy *in God* through exercise?
- Fitness
 - For the Saint, **physical fitness** refers to being bodily fit to see, savor, and share the glory of God.
 - Exercise
 - **Exercise** is intentional and significant movement of the body



Fit or Holy?

1 Timothy 4:4–5 (ESV) — 4 For everything created by God is good, and nothing is to be rejected if it is received with thanksgiving, 5 for it is made holy by the word of God and prayer.

- Made holy = set aside for God-exalting purposes
- The embrace of bodily existence (*which includes physical fitness*) is set apart for God-exalting purposes when it is seen through the lens of God's revelation (Word).



Fit or Holy?

1 Timothy 4:8 (NET) — 8 Train yourself for godliness. For “*physical exercise* has some value, but godliness is valuable in every way. It holds promise for the present life and for the life to come.”

- **Physical exercise** (*gymnazo*) – training the body
- **Some value:** The emphasis here is not necessarily on the *amount* of value but in the *duration* of value.



Fit or Holy?

1 Corinthians 9:24–27 (ESV) — **24** Do you not know that in a race all the runners run, but only one receives the prize? So run that you may obtain it. **25** Every athlete exercises self-control in all things. They do it to receive a perishable wreath, but we an imperishable. **26** So I do not run aimlessly; I do not box as one beating the air. **27** *But I discipline my body and keep it under control, lest after preaching to others I myself should be disqualified.*

- **Disqualified** – failing the test of being a Saint (holy one) or having genuine faith
- Paul connects physical fitness with spiritual fitness.
 - Physical softness (lack of discipline) can lead to spiritual softness (disqualified).

True holiness includes control over our physical bodies and appetites. Jerry Bridges

Physical Fitness is a means of working for our joy in God.



The Bible on the Body

- God created the Body
 - God made bodies good

Psalm 139:13–14 (ESV) — 13 For you *formed* my inward parts; you knitted me together in my mother's womb. **14** I praise you, for I am fearfully and wonderfully made.

Our existence in time, space, and bodies is not a bug; it's a feature, designed by *infinite wisdom* for the communication of the unfathomable riches of his glory. God is not frustrated by our finitude. He is not hamstrung by our bodies...He made us this way, and *he thinks it was a grand idea*. Rigney, Joe. The Things of Earth

Physical Fitness is a means of working for our joy in God.



The Bible on the Body

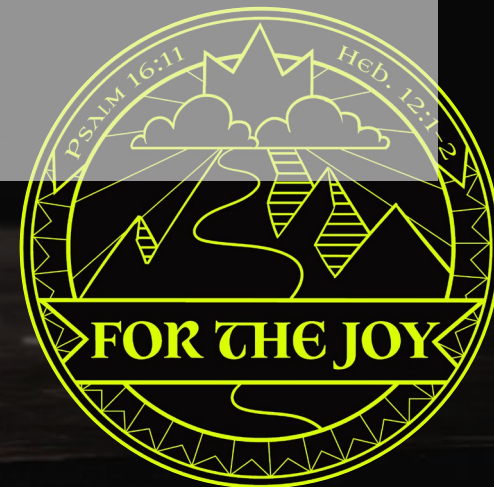
- God created the Body
 - God made bodies good
 - God owns our bodies

1 Corinthians 6:19–20 (ESV) — 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, 20 for you were bought with a price. So glorify God *in your body* (σῶμα).

Matthew 25:21 (ESV) — 21 His master said to him, ‘Well done, good and faithful servant [steward]. You have been faithful over a little; I will set you over much. *Enter into the joy of your master.*’

Physical fitness is an *issue of stewardship*. (Matt 24:14-30)

Physical Fitness is a means of working for our joy in God.



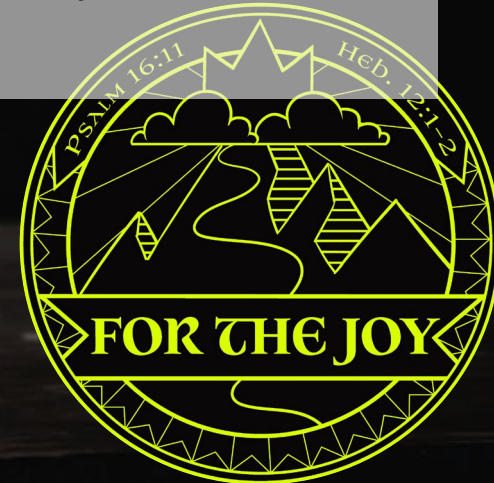
The Bible on the Body

- God created the Body
 - God made bodies good
 - God owns our bodies
 - **God designed our bodies with purpose**

1 Corinthians 6:19–20 (ESV) — 19 Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, **20** for you were bought with a price. **So glorify God *in your body* (σωμα).**

- Our bodies are instruments for God's glory not adornments for our glory.

Physical Fitness is a means of working for our joy in God.



The Bible on the Body

- We are Embodied Souls

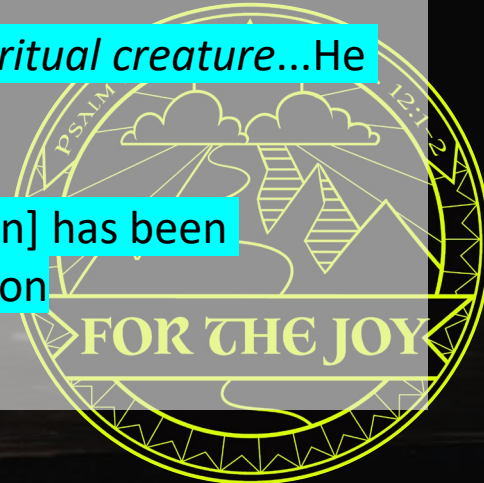
- How you steward your body will effect your soul and how you steward your soul will affect your body.

Romans 12:1 (ESV) — 1 I appeal to you therefore, brothers, by the mercies of God, to present your *bodies* as a living sacrifice, holy and acceptable to God, which is your *spiritual* worship.

There is no good trying to be more spiritual than God. God never meant man to be *a purely spiritual creature*...He likes matter. He invented it. CS Lewis

The condition of your body must be attended to. . . . Has it not often happened that [indigestion] has been mistaken for backsliding, and bad digestion has been set down as a hard heart? Charles Spurgeon

Physical Fitness is a means of working for our joy in God.



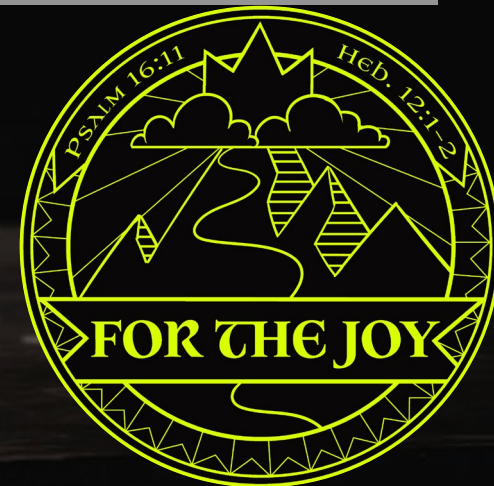
The Bible on the Body

- Sin Corrupts the Body

- Both natural evil and our own evil effects our bodies

Romans 8:22–23 (NKJV) — 22 For we know that the whole creation groans and labors with birth pangs together until now. **23** Not only that, but we also who have the firstfruits of the Spirit, even we ourselves groan within ourselves, eagerly waiting for the adoption, the redemption of our body.

Physical Fitness is a means of working for our joy in God.



The Bible on the Body

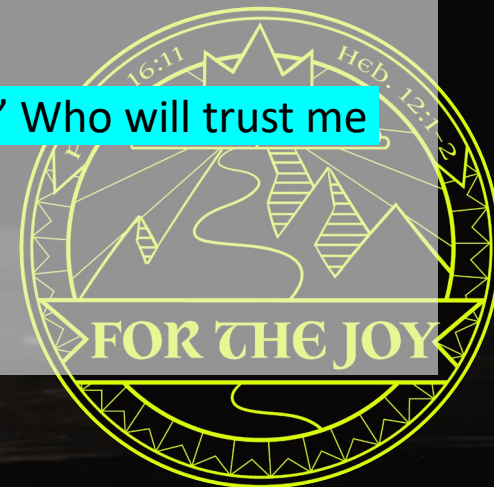
- Christ Redeems the Body

- Christ redeems our bodies now
- On day, Christ will fully redeem our bodies.
 - *A man with a body sits on the throne of the universe!*
 - Not only are we embodied now, but we will *always* be embodied.

Philippians 3:20–21 (ESV) — 20 But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, 21 *who will transform our lowly body to be like his glorious body,*

‘Who will trust us with the true wealth if we cannot be trusted even with the wealth that perishes?’ Who will trust me with a spiritual body if I cannot control even an earthly body? CS Lewis

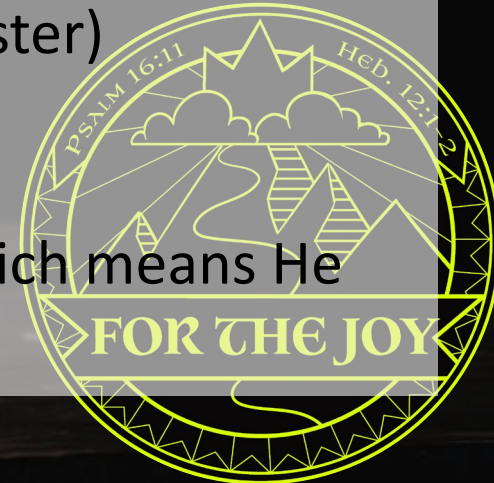
Physical Fitness is a means of working for our joy in God.



For my God

- To glorify God is to *see, savor, and share* His beauty and value.
- I exercise for God's glory.
 - To see God's creative brilliance
 - "In the absence of any other proof, the thumb alone would convince me of God's existence." Sir Isaac Newton
 - To savor God's Creator pleasure
 - In a mysterious way, as we practice good stewardship in exercise, we become real participants in Divine Delight. (enter into the Joy of your Master)
 - To share God's image faithfully
 - Jesus walked 3,125 of miles during the 3 years of His ministry which means He walked on average 3 miles a day.

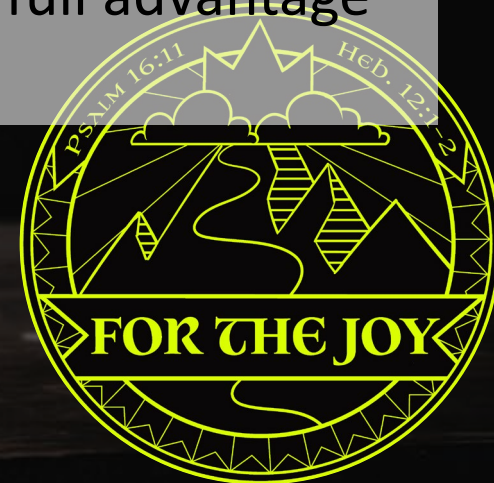
Physical Fitness is a means of working for our joy in God.



For my Joy

- I exercise to love God with all my heart (affections)
- God chemically wired us to find pleasure in exercise.
 - Endorphins - "feel good" chemicals
 - Serotonin – emotion regulator
 - Dopamine – “the happy hormone”
- These chemicals *affect* our joy but they are not the *content* of our joy.
- The pleasure of exercise is a gift from God and therefore we should take full advantage of it as a *facilitator* of our satisfaction in God.

Physical Fitness is a means of working for our joy in God.



For my Mind

- I exercise for the sake of loving God *with my mind*.
- Scientifically, physical fitness is one of *the main factors* in having a healthy mind.

Exercise provides an unparalleled stimulus, creating an environment in which the brain is ready, willing, and able to learn.

Exercise is the single most powerful tool you have to optimize your brain function...Research...shows again and again that the better your fitness level, the better your brain works. John Ratey, *Spark*

Physical Fitness is a means of working for our joy in God.



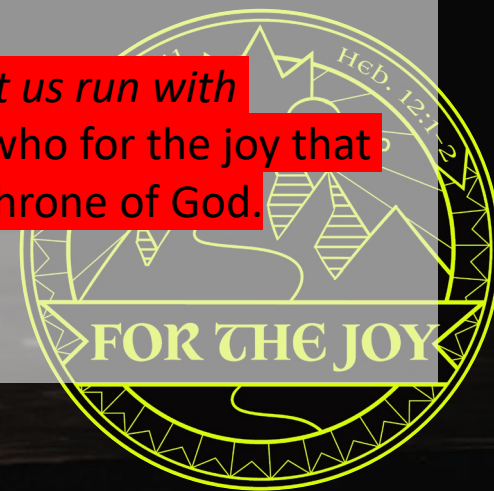
For my Will

- *Exercise helps fortify my will and strengthen my discipline.*
- *Exercise creates categories in my mind that strengthen my will.*
 - Exercise teaches that great joy often comes as a result of great effort.
 - Exercise teach us the difference between instant gratification and long-term reward.
 - Exercise trains me to default to God's grace.

Romans 8:18 (NKJV) — 18 For I consider that the sufferings of this present time are not worthy to be compared with the glory which shall be revealed in us.

Hebrews 12:1–2 (ESV) — 1 Let us also lay aside every weight, and sin which clings so closely, and *let us run with endurance the race that is set before us*, **2** looking to Jesus, the founder and perfecter of our faith, who for the joy that was set before him endured the cross, despising the shame, and is seated at the right hand of the throne of God.

Physical Fitness is a means of working for our joy in God.



For your Joy

- Exercise is not only for God's sake and my sake but for the sake of my neighbor.
 - I love better *today* when I exercise
 - I create *future* opportunities to love by exercising

Physical Fitness is a means of working for our joy in God.



Fit for Glory

- I exercise and stay physically fit...
 1. For my God
 2. For my Joy
 3. For my Mind
 4. For my Will
 5. For your Joy

Exercise for the sake of your soul...to be physically fit to see, savor, and share the glory of God.

Physical Fitness is a means of working for our joy in God.

